

Your “Family Planning Only” Medical ID card will end soon!

Now you may be eligible for the TAKE CHARGE Program.
This program provides family planning services.

Family Planning services help you decide when or if you want to become pregnant again. There are many different ways, methods, to prevent pregnancy until you are ready to become pregnant again. Sometimes new methods become available while some existing methods are taken off the market, or not available. Talk with your health care provider to learn about the different options or methods you can choose from.

Some services and methods that may be available are:

- Annual Gynecological exam
- Male and female condoms
- Birth control pills
- The patch
- The vaginal ring
- Emergency contraception
- Diaphragm or cervical cap
- IUD
- Depo Provera Shot
- Tubal ligation
- Contraceptive spermicides like: foam, film, gel, cream and suppositories

You do not need to go to a DSHS Community Services Office (CSO) to apply for or get Take Charge.

The Family Planning services are **Free.**

Call **1-800-770-4334**, the Family Planning Hotline, or look at <http://maa.dshs.wa.gov/familyplan/Tcproviders.htm> to find a Take Charge provider near you.

Apply today with a Take Charge provider.



**It's your future
TAKE CHARGE
of your life!**